

Shoulder Stabilisation Exercises

External Rotation:

Keeping your elbow at your side and bent to 90 degrees, slowly move your hand away from your body keeping your shoulder blade still.

Perform 3 sets of 10 repetitions



Internal Rotation:

Keeping your elbow at your side and bent to 90 degrees, slowly move your hand towards your body keeping your shoulder blade still.

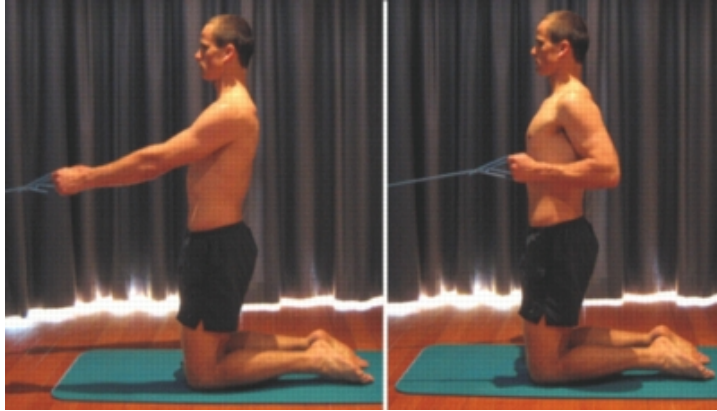
Perform 3 sets of 10 repetitions



Pull Back

Slowly pull your arms backwards, squeezing your shoulder blades together as demonstrated. Hold for 2 seconds and return to the start position.

Perform 3 sets of 10 repetitions



Scapula Wall Slide

Keep back, shoulders and wrists flat to the wall. Start with elbows at 90 degrees, and lift over your head.

Perform up to 20 repetitions



Prone Y

Arms extended, thumbs pointing upward, hold for at least 10 seconds, repeat 10 times



Scapula Protraction

Begin with the Resistance Band wrapped, around your upper back, holding each end in your hands. Keeping your shoulders elevated, push your arms forward and inward, hold and repeat

Perform 3 sets of 10 repetitions

